

# About your child's school meals

Your child's school meals are provided by Eat Culture - Nottingham Catering, the largest school meals provider in Nottingham City.

## Healthy eating

When your child has a school meal, you can rest assured they are eating a healthy nutritious meal, cooked from scratch, which will fill them up for the rest of the school day. Meat and Vegetarian options are available daily.

## Dietary requirements and allergens

Bespoke menus are available for children with dietary requirements (with up to date medical letter).

### Did you know?

- We can provide your child with a packed lunch rather than a school meal
- Meals are free for children in reception and Key Stage 1

## Our food

We are proud of the food we serve to Nottingham children. Our Food for Life Silver accreditation means that:

- Food is sourced locally
- Meat is Red Tractor assured, meaning it's traceable, safe and produced locally
- Fish is certified by the Marine Stewardship Council
- We use quality ingredients from reliable sources
- We offer healthy, nutritious, balanced meals which are low in fat, sugar and salt.
- We use Organic potatoes, pasta and eggs on our menus

## Our menus

Our menus operate on a three-week cycle and provide up to three choices per day. They change twice per year to reflect seasonal fruit and vegetables.


## Information about our Catering service

Please get in touch with Eat Culture – Nottingham Catering at [eatculture@nottinghamcity.gov.uk](mailto:eatculture@nottinghamcity.gov.uk) or via our website [www.eatculture.co.uk/parents](http://www.eatculture.co.uk/parents)





Week: 1  
Date: 16<sup>th</sup> Nov, 7<sup>th</sup> Dec, 11<sup>th</sup> Jan, 1<sup>st</sup> Feb

Salad, Fresh Fruit, Bread and Water are available to pupils every day in all schools.  = Vegetarian


For Allergen information please ask a member of the catering team.




## Rise Park

### Monday

Spaghetti Bolognese served with Wholemeal Baguette Chunk, carrots or Green Beans


 Veggie cottage Pie served with Carrots or Green Beans

 Cheese Sandwich served with Salad

Iced Shortcake with Custard

Fresh Fruit Salad

### Tuesday

 Cheese & Tomato Pizza served with Sweetcorn or Mixed Salad

Jacket Potato with Tuna Mayo or Cheese and Mixed Salad


Chinese Chicken Wrap served with Salad

Chocolate Brownie

Fresh Fruit Salad

### Wednesday

Roast Pork & Stuffing. Gravy served with Organic Roast Potato & Vegetable Medley

 Quorn Roast & Gravy served with Organic Roast Potato & Vegetable Medley


Tuna Baguette served with Salad

Mandarin Cheesecake

Fresh Fruit Salad

### Thursday

Chicken Pie served with Mashed Potatoes and Broccoli or Sweetcorn

 Quorn with Tomato & Basil Pasta with Freshly Baked Baguette Chunk and Broccoli or Salad


Ham Panini served with Salad


Cookie Milk

Fresh Fruit Salad

### Friday Meat Free

MSC Salmon Fish Finger served with Oven Chips and Peas

 Carrot & Cheese Burger served with Oven Chips with Baked Beans or Peas

 Jacket Potato served with Baked Beans and Mixed Salad

Flapjack with Fruit Wedge

Fresh Fruit Salad



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Main

Dessert





Week: 2  
Date: 2<sup>nd</sup> Nov, 23<sup>rd</sup> Nov, 14<sup>th</sup> Dec,  
18<sup>th</sup> Jan, 8<sup>th</sup> Feb


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## Rise Park

### Monday

Local Pork Sausages served with Mashed Potatoes, Baked Beans or Carrots


 Veggie Sausage served with Mashed Potatoes, Baked Beans or Carrots

 Jacket Potato with Baked Beans and Salad


Jelly & Fruit Milk

Fresh Fruit Salad

### Tuesday

 Cheese & Tomato Pizza served with Homemade Coleslaw or Salad

Jacket Potato with Tuna and Salad


 Pasta with Tomato & Basil Sauce served with Wholemeal Baquette slice & Salad

Chocolate & Orange Muffin

Fresh Fruit Salad

### Wednesday

Roast Turkey, Stuffing With Gravy served with Organic Roast Potatoes and Vegetable Medley

 Quorn Roast served with Organic Roast Potatoes, Gravy and Vegetable Medley


Cheese Panini served with Salad Bar

Lemon Drizzle Cake Custard

Fresh Fruit Salad

### Thursday

Beef Burger in a Bun and Sweetcorn or Peas

 Tomato & Basil Pasta served with Baquette Chunk and Salad


Ham Baquette served with Salad Bar


Yoghurt

Fresh Fruit Salad

### Friday Meat Free

MSC Fish served with Oven Chips Mushy Peas or Carrots

 Veggie Mince Roll served with Oven Chips Peas or Carrots

 Cheese Sandwich served with Salad Bar

Strawberry Cream Sponge

Fresh Fruit Salad



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Week: 3  
Date: 9<sup>th</sup> Nov, 30<sup>th</sup> Nov, 4<sup>th</sup> Jan, 25<sup>th</sup> Jan

Salad, Fresh Fruit, Bread and Water are available to pupils every day in all schools. ✓ = Vegetarian

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## Rise Park

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday Meat Free



Main

All Day Breakfast Bap served with Baked Beans

✓ Cheese & Tomato Pizza served with Sweetcorn & Mixed Salad

Roast Beef served with Gravy, Yorkshire Pudding and Organic Roast Potatoes & Vegetable Medley

Cottage Pie served with Gravy, Carrots or Broccoli

MSC Fish Fingers served with Oven Chips, Peas/Mushy Peas

✓ All Day Veggie Breakfast Bap served with Baked Beans

✓ Tomato & Basil Pasta served with Freshly Baked Baguette Chunk & Sweetcorn or Salad Bar

✓ Quorn Roast served with Gravy, Yorkshire Pudding and Organic Roast Potatoes & Vegetable Medley

✓ Vegetable Pasty served with Mashed Potatoes Carrots or Broccoli

✓ Cheese Turnover (Snack) served with Chips and Peas or Salad

✓ Jacket Potato with Beans served with Mixed Salad

Ham Sandwich served with Salad

Cheese Baguette or Ham Baguette served with Salad

Jacket Potato with Tuna Mayo served with Salad Bar

✓ Pasta with Tomato & Basil Sauce served with Baguette Chunk and Salad

Dessert

Chocolate Orange Marble Cake Custard

Butterscotch Tart

Ice Cream & Fruit

Vanilla Cup Cake Milk

Oaty Cookie Fruit Wedges

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad



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